



SOCIAL EMOTIONAL LEARNING IN AN ONLINE LEARNING ENVIRONMENT

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ABSTRACT

We know that students are more involved in online learning experiences nowadays. There arises a question whether we teachers are able to cater the emotional and social aspects of the students through online platforms. Our online students also face many problems like, anxieties, and emotional barriers as those students sitting in a physical classroom. Social Emotional Learning and character education can shape the future of education by creating a new classroom environment that values diversity, management of emotions and empowering students with positive skills that they can return to their workforce and community. Classroom discussions are your best outlet for applying social emotional learning in an online environment. By embracing new evidence of the interconnectedness of emotions and learning, educators can enhance learning outcomes and support students. Social Emotional Learning provides a foundation for safe and positive learning, and enhances students' ability to succeed in school, careers, and life. Effective social Emotional Learning leads to development of Self-Awareness, Self-Management, Responsible Decision-Making, Social Awareness and Relationship Skills.

KEY WORDS: Social and Emotional Learning, Online Learning Environment.

INTRODUCTION:

Social Emotional learning is a process by which we learn self-management, self-awareness, social-awareness, relationship skills, and responsible decision-making. Social and Emotional learning facilitates positive skill sets and encourages, "understanding one's own attitudes and how they contribute to behaviour so that one can make responsible decisions. The dynamics of the emotions that emerge during online learning may be difficult to observe, unlike traditional classroom instruction; emotions have important effects on learning, engagement, and achievement in online settings. We know that students are more involved in online learning experiences nowadays. There arises a question whether we teachers are able to cater the emotional and social aspects of the students through online platforms. We have heard from medias that more than 60 teenagers committed suicide during this COVID 19 pandemic situation. So catering the emotional and social elements even in online teaching is the need of the hour.

In the process of Social Emotional learning children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Our online students also face many problems like, anxieties, and emotional barriers as those students sitting in a physical classroom. Social Emotional Learning and character education can shape the future of education by creating a new classroom environment that values diversity, management of emotions and empowering students with positive skills that they can return to their workforce and community. According to Kim Gulbrandson, social emotional learning facilitates positive skill sets and encourages, "understanding one's own attitudes and how they contribute to behaviour so that one can make responsible decisions. The task of applying social emotional learning in the classroom may seem impossible. Social emotional learning, however, can be taught in the classroom explicitly through modelled behaviour (by the tutor) and activities. Activities can include individual writing, making assignments that the parents and children can work on together and reinforcing ideas through games, questions, and problem-solving. Classroom discussions are the best outlet for applying social emotional learning in an online environment. The discussions can include Moral questions, Social questions, Intellectual questions and Lifestyle questions.

STRATEGIES FOR INCORPORATING SOCIAL EMOTIONAL LEARNING IN CLASSROOMS:

1. Help students to practice mindfulness: Mindfulness is paying attention, in a particular way, on purpose, in the present moment, non-judgmentally. Increased attention leads to better performance academically and increased emotional and social intelligence. Children are better able to learn, to nurture themselves, and to be aware of their own emotional needs.

Mindfulness practices helps students pay attention to their breath, body, thoughts, feelings and the world around them. When they can observe their thoughts and feelings they have the freedom to choose how they will speak and act—which can lead to a happier, more harmonious classroom.

2. Clarify that thoughts leads to feelings: Research shows that students who are more resilient are more academically successful. Resilient students bounce back quicker, are mindful of their thinking, understand their beliefs,

and importantly are able to challenge their beliefs and thoughts to create more positive outcomes. As a teacher, we can help by listening to their emotion, then helping your student understand where that emotion came from and how to adjust their thinking in a way that contributes to their social emotional well-being.

3. Model persistence and determination: A really important aspect of wellbeing and Social Emotional Learning is the ability to accomplish things in life. Many students naturally strive to better themselves in some way, whether they are seeking to master a skill, achieve a valuable goal, or win in some competitive event. Each student will need to be encouraged to set stretch goals during lessons to feel a sense of accomplishment. By being mindful, and challenging negative thoughts students can be encouraged to dig deep to find the determination to succeed.

4. Listen with empathy: Teachers have a wonderful ability to model empathy. Encourage students to listen to others, and then ask them to listen to be surprised, and try to understand how other students might be feeling. Use the opportunity in class to teach students to ask questions framed to encourage response not encourage defensiveness.

5. Emphasize gratitude: Research indicates those who regularly express gratitude have more energy and enthusiasm, less stress, and better physical wellbeing. There are some very simple ways to increase one's experience and expression of gratitude; however, this may require that we train ourselves to think differently. For students this can be done by incorporating some simple exercises into each lesson. At the end of each class ask students to reflect on the class using these three questions:

– What aspects of this class did you enjoy today?

– Who did you enjoy working with today?

– What areas of this topic would you like to learn more about?

CONCLUSION:

By embracing new evidence of the interconnectedness of emotions and learning, educators can enhance learning outcomes and support students. Social emotional Learning provides a foundation for safe and positive learning, and enhances students' ability to succeed in school, careers, and life. Effective Social Emotional Learning leads to development of Self Awareness, Self-Management, Responsible Decision-Making, Social Awareness and Relationship Skills.

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